

Summer 2009

Welcome to Club West Youth Running Summer Clinic(s) 2009 for 10 to 15 year olds! We will have one running clinic week the week of June 8-12 and a second track and field clinic week June 15-19. Check in is always at 9am and check out always at noon each day of each session. Please pay close attention to the schedule as pick up and drop off locations vary.

### ***Meet the coach***

**Week #1 Running:** Running coach **Kevin Young** has been racing for 37 years, starting in high school and then UCSB x-country, track, followed by road races and trail races up to 50K. Kevin loves to run and to pass on that enthusiasm to kids. Kevin coaches running ([www.runforlife.org](http://www.runforlife.org)) and track and field at local elementary and Junior High schools with Club West, SB's track and field and youth running support organization ([www.clubwesttrack.org](http://www.clubwesttrack.org))

**Session #1 (Running Clinic):** ***"Runs that aren't races in beautiful places"***. The pace will be appropriate for upper elementary and Junior High students. We will jog at a pace specific to the age group and will take plenty of breaks to enjoy the views and to stretch. We will not be running in bike lanes nor on busy streets but will be running in parks on trails and grass and on hard sand at beach. "Stronger legs, hearts and minds while improving fitness" is our motto.

**Monday June 8<sup>th</sup> – SBCC track** 'Running Intro': Health benefits, pacing, form, mental struggles. Run on Cabrillo Blvd to Bird Refuge and back.

**Tuesday June 9<sup>th</sup> - SBCC track** "Training Theory": The training year, distance versus speed, cross country, plyometrics. Run to the end of the pier then back through SBCC while practicing form on hills and stadiums.

**Wednesday June 10<sup>th</sup> – Elings Park:** Meet each day at the lower baseball fields at the park benches next to the bathrooms.

**Thursday June 11<sup>th</sup> – Elings Park:** Practice racing techniques such as drinking from cups walking fast up hills, jog the flats and downhills at a suitable pace.

**Friday June 12<sup>th</sup> – Elings Park:** How to fuel. Running bars and gels. Run the Plateau. End of clinic Ice cream party!

### **Meet the Coach**

**Week #2 Track and Field:** **Track and Field** Coach Robin Paulsen has been coaching for 37 years, and in the past year at SBCC as Head X-country and Track and Field Coach. Robin received the California H.S. Boys Track and Field Coach of the Year and National Region 8 Coach of the Year in 1989. He was recently inducted into the California Community College X-Country/Track Coaches Hall of Fame and WSC Men's' Track and Field Coach of the Year.

Track and Field Assistant Coach Phil Pipersburg competed in the '84 Olympic Games in Los Angeles, sprinting for Belize, and is a former assistant Track and Field coach for SBCC.

All Track and Field sessions meet at San Marcos High School **4750 Hollister Avenue**

**Monday June 15 – Wednesday, June 17:** Days #1, #2, and #3 will include the following activities: 9am check in, discussion of the day, extensive warm-up. Athletes will be divided into three groups, rotating every 30 minutes through jump, throw and sprint stations.

**Thursday June 18 – Friday June 19:** Days #4 and #5 will include mini-competitions. The end of each day will include fun conditioning workouts including bleacher running, jump rope, plyometric work, and mini-interval runs.

The goals of the Club West Youth Track program are to encourage and support young athletes physically, emotionally and socially, improve their physical condition, teach skills related to track and field and build a positive self-image as participants realize their individual achievements

**What To Bring:**

Running Shoes, Water in a sustainable H2O bottle, Snacks (i.e. apple, granola bar) comfortable running clothes, sweats,

**What NOT to Bring:**

Ipods/MP3 players, anything that would be a bummer to lose.

**\*\*\*PLEASE CLEARLY LABEL BACKPACKS AND BELONGINGS\*\*\***

**RULES FOR ALL RUNNING CLINIC PARTICIPANTS**

- 1. No leaving the clinic location(s) or park without being signed out by an adult. Stay with your assigned group and counselor until Clinic time is over!**
- 3. Ask to use the bathroom so we know you've left the group.**
- 4. ALWAYS WATCH WHERE YOU ARE GOING! Almost all running injuries occur when runners crash into each other.**

We are excited about Running Clinic and look forward to providing you and your child with a fun, informative and safe running experience! If you have any questions or concerns, please call the Youth Activities Office at (805) 564-5495 or speak to Kevin Young, Program Director at 564-3400